

Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

Health Promotion is Newsworthy . . .

Research suggests some adults would risk shorter life span rather than take daily pill to prevent CV disease

The Los Angeles Times (2/4, Morin) "Science Now" blog reports that research published in Circulation: Cardiovascular Quality and Outcomes suggests that "1 in 3 adults would risk a shorter life span rather than take a daily pill to prevent cardiovascular disease." The study indicated that "a large number of people were willing to forfeit between one week and two years of life just to avoid popping a daily med, such as a statin, antihypertensive or aspirin." Reuters (2/4, Lehman) reports that findings were based on the responses to an online survey completed by 1,000 people. HealthDay (2/4, Thompson) and Medical Daily (2/4) also cover the story.



Pre-diabetes and Diabetes News . . .



Patients with type 2 diabetes who are treated for hypertension may have better outcomes

Reuters (2/11, Doyle) reports that a review published Feb. 10 in the Journal of the American Medical Association suggests that patients with type 2 diabetes who are treated for hypertension appear to have longer lives and a decreased risk for heart disease. The review examined 40 studies encompassing some 100,000 patients with type 2 diabetes. MedPage Today (2/11, Brown) reports that an accompanying editorial observed, "These findings are timely, clear, and important and lend support to current guideline recommendations to consider offering patients with type 2 diabetes antihypertensive therapy when their systolic blood pressure is 140 mmHg or greater."

Link between inflammation and type 2 diabetes identified

Yale-led research team has identified the molecular mechanism by which insulin normally inhibits production of glucose by the liver and why this process stops working in patients with type 2 diabetes, leading to hyperglycemia.

Nearly All Diabetics Should Be on Cholesterol-Lowering Drugs: Experts

12/23/2014 New guidelines from the American Diabetes Association recommend greater statin use.

Taking too much folic acid while pregnant may put daughters at risk for diabetes and obesity

Mothers that take excessive amounts of folic acid during pregnancy may predispose their daughters to diabetes and obesity later in life, according to a new study. With high dose supplements being widely available, the study calls for a need to establish a safe upper limit of folic acid intake for pregnant women.

What's new about



Better Choices, Better Health
Put Life Back in Your Life

Approximately 2/3 of Americans fall outside of the healthy weight range. Underweight, overweight, and obesity can all have serious implications for a person's health. The Better Choices, Better Health program supports workshop participants in understanding the impact of weight and considering making changes. Areas covered include making the decision to change weight, where to start, how to make changes, exercise and weight loss, pointers for losing weight, common challenges of losing/gaining weight, and common challenges of keeping the weight on/off. These and many other topics are addressed in Better Choices, Better Health. Learn more at <http://idph.state.ia.us/betterchoicesbetterhealth/Default.aspx>.



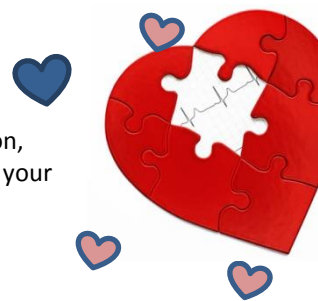


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Million Hearts® Initiative Update

Visit the Million Hearts® American Heart Month resource page—This one-stop shop provides resources for health care professionals to help **detect** (accurately diagnose) hypertension, connect patients with the appropriate clinical care, and make blood pressure **control** your—and your patients'—goal.



The latest on the **ABCS** ...



A1c

FDA approves the first glucose-monitoring app system

Bloomberg News (1/24, Edney) reported that the Food and Drug Administration gave DexCom Inc. clearance “for the first system of glucose-monitoring apps that can be used with mobile devices such as the iPhone to remotely track the health of a diabetic.” According to the FDA statement, the Dexcom Share system “transmits data from a small, wire-like sensor inserted just under the skin.” Bloomberg News pointed out that “Other similar systems exist, but none has been cleared for sale by the agency since the FDA began regulating mobile medical applications as devices in 2013.”

Aspirin Use

Aspirin: Initial Heart Attack and Stroke

Listen to the National Library of Medicine Director's comments on this topic. The transcript is also available. A daily, low dose aspirin may not prevent heart attacks, strokes as well as some other heart disease related conditions for older adults, suggests a comprehensive Japanese study and an accompanying editorial recently published in the Journal of the American Medical Association.

Blood Pressure Control and Management

Virginia's 100 Congregations for Million Hearts® initiative recognized for work to prevent heart attacks and strokes

The Virginia Department of Health's Office of Minority Health and Health Equity recently partnered with the 100 Congregations for Million Hearts® initiative to raise awareness and prevent cardiovascular disease—with a focus on hypertension control—from the pulpit to the pew. So far, 14 Virginia congregations have enrolled in the faith-based program to help guide members toward a heart-healthy lifestyle. The state aims to have 100 congregations and faith-based organizations join the program in 2015. Visit 100 Congregations for Million Hearts® to learn more about how your congregation can join the effort.

Association of Public Health Nurses and Association of State and Territorial Health Officials discuss roles of public health nurses in hypertension control

Nurses comprise the largest group of occupational public health workers in the United States, and their strong prevention- and population-focused training makes them ideal partners in health promotion and disease prevention initiatives. Community and public health nurses are using Million Hearts® as a framework to assess and respond to the needs of populations with the greatest risk and highest burden of hypertension at the state and local levels.

Habitual difficulty falling asleep may increase hypertension risk

Bloomberg News (1/27, Ostrow) reports that research published in Hypertension suggests that “habitual difficulty falling asleep may more than quadruple the risk for high blood pressure for some people.” Investigators found that that individuals “in the study with chronic insomnia who took more than 14 minutes to fall asleep, a condition known as hyperarousal, had about a 300 percent greater chance of having” hypertension. The study indicated that “when falling asleep took more than 17 minutes, the risk increased about 400 percent.” HealthDay (1/27, Preidt) points out that although “insomnia has long been regarded as a nighttime sleep disorder, some studies suggest it is a state of 24-hour higher (or hyper) arousal, the study authors said.” Medical Daily (1/27) also covers the story.

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Cholesterol Control and Management



Advisory panel considers changing recommendations on cholesterol

Scott Pelley reported in the CBS Evening News (2/10) that according to the Dietary Guidelines Advisory Committee, a government advisory panel, “we don’t have to worry so much after all about cholesterol in our diets.” Dr. Jon Lapook noted that while “the amount of cholesterol in your blood is still important,” the panel found that “the amount of cholesterol in your food doesn’t necessarily translate to a higher level of cholesterol in your blood.” While the current recommendations say “people should have less than 300 milligrams of cholesterol in their diet a day,” that number is “likely to change when the recommendations come out later this year.” Linsey Davis noted on ABC World News (2/10) that while the panel said that “eating some foods that are high in cholesterol like eggs and seafood may not be so bad after all,” foods like “meats and cheeses, because they contain saturated fats, are still on the list.”

The Washington Post (2/11, Whoriskey) reported in its “Wonkblog” blog that this “does not reverse warnings about high levels of ‘bad’ cholesterol in the blood, which have been linked to heart disease,” adding that “some experts warned that people with particular health problems, such as diabetes, should continue to avoid cholesterol-rich diets.” The blog adds that “a group from the American Heart Association and the American College of Cardiology who looked at the issue in 2013 said there is simply not enough evidence of danger to call for limiting cholesterol in diets.”

Low childhood vitamin D linked to adult atherosclerosis (Endocrine Society)

The importance of vitamin D for cardiovascular health has been the focus of increasing interest. Low levels of vitamin D have previously been shown to be related to increased risk of stroke and heart attack. Vitamin D deficiency and insufficiency are highly prevalent among children worldwide, and this study examined the relationship between low childhood vitamin D levels and adult increased carotid intima-thickness (IMT). IMT is a marker of structural atherosclerosis, which correlates with cardiovascular risk factors, and predicts cardiovascular events.

Smoking Cessation

Stay informed about the latest tobacco control news and announcements with ActionToQuit Network

Sign up for a free, weekly email about tobacco control from the Partnership for Prevention. Announcements include upcoming events (conferences, webinars, trainings), funding and public comment opportunities, research articles, news and press releases, federal updates, state projects/successes, and new resources (publications, toolkits, videos, policy reports). More than 2,200 tobacco control leaders, advocates, and professionals already receive this weekly update—join them today!



Place these Health Observations on Your Upcoming Calendar . . . Plan for Awareness Activities at your Clinic !



March

Brain Injury Awareness Month

www.biausa.org

National Nutrition Month

www.eatright.org

Patient Safety Awareness Week

3/9-14

www.npsf.org

World Kidney Day 3/12

www.kidney.org

American Diabetes Association

Alert Day 3/24

www.stopdiabetes.com

National Doctors' Day 3/30

www.smaalliance

April

Minority Health Month

www.minorityhealth.hhs.gov

Public Health Week: 4/5-4/11

www.nphw.org

Healthcare Volunteer Week

www.ahvrp.org

World Health Day: 4/7

www.who.int/world-health-day/

Medical Fitness Week

www.medicalfitness.org

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New Resources for Healthcare Providers

Watch the archived webinar about Phase 2 of ONC's EHR Innovations for Improving Hypertension Challenge

On January 23, the Office of the National Coordinator for Health Information Technology (ONC) and the Centers for Disease Control and Prevention (CDC) kicked off Phase 2 of the Challenge with a [webinar](#) explaining how two primary care practices improved patients' hypertension control using health information technology. The winning Phase 1 Challenge submissions and materials are [now available](#) for Phase 2, which closes October 23. Enter Phase 2 today to spread these processes to as many practices as possible to improve hypertension control rates; the grand prize winner receives \$30,000.

National Committee for Quality Assurance (NCQA) examines best practices in cardiovascular care

In an effort to identify best practices in cardiovascular care, NCQA selected and interviewed high performing physician practices using its Heart/Stroke Recognition Program for quality indicators and health plans using its Healthcare Effectiveness Data and Information Set for quality measures. Consistent themes appeared across the high-performing practices and health plans. To learn more, [read the full report](#).

Million Hearts® Action Steps for Public Health Practitioners: Self-Measured Blood Pressure Monitoring

Million Hearts® released this action guide that provides action steps for public health practitioners to facilitate the implementation of SMBP plus additional support in five key areas: understanding the environment, working with payers and purchasers, working with health care providers, spreading the word to the public, and monitoring/assessment of SMBP plus additional support implementation. For More Information: [Self-Measured Monitoring](#).

Improving Medication Adherence Among Patients with Hypertension: A Tip Sheet for Health Care Professionals

Million Hearts® encourages health care professionals to empower patients to take their medications as prescribed. This tip sheet helps health care professionals begin effective conversations with patients. For More Information: [Improving Medication Adherence](#).

Tracking Priorities and Monitoring Practice Improvement through Comprehensive Documentation

Good documentation is essential in enabling practice facilitators to work effectively and independently in the field, managing improvement work across multiple practices and organizations concurrently. It allows practice facilitators to monitor the progress of practices through a particular improvement program or project, keep track of many simultaneously evolving priorities and activities, and highlight which issues to focus on during training and supervision sessions. Practice facilitators can use either paper-based forms to record encounter data, simple spreadsheets on a computer, or online spreadsheets and survey programs, designed to collect and manage information. Online solutions can be a good option because they are dynamic and can be accessed by both you and your program supervisor. It also allows for easier sharing with your practice; inviting practices to contribute to their practice record increases the transparency of the process, helping the practice track its own progress with its improvement work. Regardless of your preference, it is important to document all "meaningful" encounters with a practice. This means any substantive work that occurs in support of the practice's improvement goals.

Remember that much of the information you work with as a facilitator at a practice is sensitive in nature. Do not post any identifiable patient data on the practice record or information about other practices you are working with that has not been cleared for sharing. A good rule to use is: If you are in doubt about sharing a piece of information, don't. You can always make it available later, but you cannot retract it once it has been shared.

For more information on effective documentation habits, see [Module 15 of *The Practice Facilitation Handbook: Training Modules for New Facilitators and Their Trainers*](#). You can download a [PDF copy of the entire handbook](#) free of charge at the PCPF Resources page of AHRQ's [PCMH Resource Center](#) (www.pcmh.ahrq.gov).

The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership



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